

NUTRITION INFORMATION

RAW ORGANIC PLANT BASED FRENCH VANILLA PROTEIN SHAKE WITH SWEETENERS, VITAMINS AND MINERALS.

One 31g scoop per serving

Approximately 15 servings per container

TYPICAL VALUES	PER 100g	PER SERVING	% R ¹ PER SERVING
Energy	1485 kJ	460 kJ	5%
	355 kcal	110 kcal	6%
Fat	8 g	2.5 g	4%
of which:			
Saturates	0 g	0 g	0%
Carbohydrate	6 g	2 g	1%
of which:			
Sugars	0 g	0 g	0%
Fibre	3 g	1 g	+
Protein	71 g	22 g	44%
Salt	0.58 g	0.18 g	3%
Vitamin A [†]	387 µg	120 µg	15%
Vitamin D [†]	42 µg	13 µg	260%
Vitamin E [†]	10 mg	3 mg	25%
Vitamin K [†]	39 µg	12 µg	16%
Iron**	12 mg	3.6 mg	26%
Zinc**	10 mg	3 mg	30%
Manganese**	2.6 mg	0.8 mg	40%
Selenium**	147 µg	46 µg	83%

Reference Intake of Average Adult (8400 kJ/2000 kcal)

+ Reference Intake (RI) not established.

TYPICAL AMINO ACID PROFILE

(Per 31g Serving)

ALANINE	900 mg
ARGININE	1800 mg
ASPARTIC ACID	2500 mg
CYSTINE	200 mg
GLUTAMIC ACID	3700 mg
GLYCINE	850 mg
HISTIDINE	480 mg
ISOLEUCINE**	1020 mg
LEUCINE**	1800 mg
LYSINE*	1600 mg
METHIONINE*	240 mg
PHENYLALANINE*	1400 mg
PROLINE	950 mg
SERINE	1300 mg
THREONINE*	800 mg
TRYPTOPHAN*	200 mg
TYROSINE	830 mg
VALINE**	1100 mg

*Essential Amino Acids

^ Branched Chain Amino Acids

DIRECTIONS: Mix 1 level scoop in 300ml of water (scoop included). Delicious with unsweetened almond milk.

INGREDIENTS:

Raw Organic Protein Blend (89%): Organic Pea Protein, Organic Sprouted Brown Rice Protein, Organic Amaranth Sprout, Organic Buckwheat Sprout, Organic Millet Sprout, Organic Cracked Wall Chlorella, Organic Quinoa Sprout, Organic Chia Seed Sprout, Organic Garbanzo Bean Sprout, Organic Lentil Sprout, Organic Adzuki Bean Sprout, Organic Flax Seed Sprout, Organic Sunflower Seed Sprout, Organic Pumpkin Seed Sprout, **Organic Sesame Seed Sprout**, Organic Flavour Blend (9%): Organic Vanilla Flavouring, Sweeteners: (Organic Erythritol (E968), Organic Stevia Extract (leaf) (E960)), Sea Salt, Organic Guar Gum, Organic Carob Bean Gum, *Raw Live Bacteria & Enzyme Blend* (<1%): Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Hemicellulase, Xylanase, [*Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Lactobacillus bulgaricus*] (3 Billion CFU)

[†]RAW Food-Created Nutrients™

**Naturally Occurring

Store in a cool, dry place.

Keep out of reach of children.

Do not use if safety seal is broken or missing. Do not use as a substitute for a varied and balanced diet and a healthy lifestyle. For allergens, see ingredients in **bold**.

Manufactured in a facility that also processes egg, milk, soya and tree nuts.

Packaged by weight not volume.

Settling may occur.



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